

realize the American Dream extends to every neighborhood in this great land.

I believe that Americans understand that the culture of if it feels good, do it, and you got a problem, blame somebody else, is a culture that must fade off into the sunset. It's being replaced by a culture of personal responsibility. Each of us are responsible for loving our children. If you happen to be a mom or a dad, your most important job is to love your children with all your heart and all your soul.

In order to be a good neighbor, you must love your neighbor. If you're running a business, a public company in America, you have the responsibility to have clean balance sheets, to be—fully disclose your assets and your liabilities and treat your shareholders and employees with the respect they deserve.

No, out of the evil done to America has come a new culture, a new sense of responsibility. The enemy thought they were hurting America, and they killed too many lives, no question about it. But they didn't realize who they were dealing with. They were dealing with the greatest Nation, the most decent Nation, the most compassionate Nation on the face of this Earth. And it is my high honor to be the President of such a great place.

Thank you for coming. God bless you all.

NOTE: The President spoke at 6:44 p.m. in the Tuscan Ballroom at the Universal Studios Portofino Hotel. In his remarks, he referred to Gov. Jeb Bush of Florida, and his wife, Columba; Charles Bronson, Florida commissioner of agriculture; Charlie Crist, Florida education commissioner; Thomas Gallagher, Florida State treasurer, insurance commissioner, and fire marshal; Al Hoffman, Jr., national finance chairman, Republican National Committee; Al Austin, finance chairman, Republican Party of Florida; Mayor Carolyn Mason of Sarasota, FL; Mayor Glenda Hood of Orlando; Abu Sabaya, a leader of the Abu Sayyaf terrorist group who was killed June 21 by Philippine military forces; and President Gloria Macapagal-Arroyo of the Philippines. This item was not received in time for publication in the appropriate issue.

Remarks at the President's Fitness Challenge

June 22, 2002

Well, thank you all very much for coming. I hope you feel as good as I feel. Great to be outside, isn't it? Thanks for coming today.

General Jackson, thank you so very much for opening up this beautiful running trail for me and a couple of my friends. [*Laughter*] I want to thank you, sir, and all the troops that helped make this run successful. And I want to thank you and all the troops and their families for their service to a great country. Thank you very much for letting us come back today.

I want to thank those on my Cabinet who are here. I see the Secretary of HUD here, Mel Martinez. Ann Veneman is here. Where's Ann? Annie, good going; good to see you. Thank you all for coming. Robert Zoellick, Trade Minister—where is Zoellick? He left. [*Laughter*] He didn't know he was going to get introduced.

I want to thank Debbie LeHardy for the Race for the Cure and Tara Wolf Monaco as well for helping organize this. Thank you for your—[*applause*]. The Race for the Cure is a fantastic event. It raises money for a great cause, and they know how to organize well. Thank you all for setting this up for us.

I want to thank my friend Paul Carrozza, who's a member of the President's Council on Physical Fitness, for being here as well. Paul is a—he's a fellow Texan. Yeah! If you're ever in Austin, you might want to stop by his store and buy a couple pairs of shoes from him. [*Laughter*]

I want to thank the great athletes from the Special Olympics who are here today to help us register. These athletes registered people to volunteer as well. They're going to represent the country in the 2003 World Games in Ireland. Kevin Boyd is here with us today, Lindsey Wilkes, Kevin Gafford, and Daniel Bailey. Thank you all for coming. Good luck at the Olympic Games too.

Sir, I'll be down there and get it in a minute.

I want to thank Fresh Fields and Dasani water—make sure you drink a lot of that today—[laughter]—at least that’s what Dr. Tubb told me—[laughter]—and Starbucks, for helping to sponsor this event.

I want to thank you all for agreeing not only to set a good example but agreeing to help a neighbor in need. As you might remember, part of the entry fee—or the entry fee is the willingness for you to give of your time and money to help a local charity here. And if you haven’t signed up yet, I was serious about that being part of the entry fee. I think it’s important for all of us who are fortunate enough to be able to run and be healthy to help others who might not be as fortunate. So thanks for agreeing to do that.

It’s important for those of us in the White House to live how we talk. If we’re going to say we’re going to live a healthy life, let’s do it. If we say we care about a neighbor in need, we want to love a neighbor like we’d like to be loved ourselves; let’s show it through our actions. So I want to thank you for the example.

It’s really important for the White House team to exercise on a regular basis. I hope you understand at least that’s how the boss thinks. [Laughter] I expect you to—I think you’re—I know; I don’t think—I know you’re a better worker if you exercise on a daily basis. I know you’ll help keep the health care costs down in America if you exercise on a daily basis. [Laughter] I know your life will be more complete if you exercise and serve a neighbor in need.

And you know, we’re not here for long. But when we’re here, let’s make sure we give it our all. And one way to do so is to stay healthy and fit, have a great outlook in life.

And so thanks for joining us today. It’s been a fantastic event. I hope you enjoyed it as much as I did. Make sure you stretch afterwards, get in a good nap—[laughter]—and show up to work on time on Monday. [Laughter]

God bless you all.

NOTE: The President spoke at 9:10 a.m. on the Parade Field at Fort McNair. In his remarks, he referred to Maj. Gen. James T. Jackson, USA, Commanding General, Military District of Washington; Debbie LeHardy, general manager, and Tara Wolf Monaco, deputy general manager,

Komen Race for the Cure; and Col. Richard Tubb, USAF, Director, White House Medical Unit.

The President’s Radio Address

June 22, 2002

Good morning. Earlier today, the First Lady and I joined the White House staff for the inaugural Presidential Fitness Challenge Run and Walk. Every participant took important steps on the road to better health, and runners and walkers volunteered to perform community service or contribute to charities.

The Fitness Challenge is part of a larger initiative I launched this week to help Americans live longer, better, and healthier lives. And the good news is this: When it comes to your health, even little steps can make a big difference. If just 10 percent of adults began walking regularly, Americans could save \$5.6 billion in costs related to heart disease. And research suggests that we can reduce cancer deaths by one-third simply by changing our diets and getting more exercise.

The title of our new health and fitness initiative says it all, HealthierUS. It is based on four guideposts to good health. First, be physically active every day. Second, develop good eating habits. Third, take advantage of preventative screenings. Fourth, don’t smoke, don’t do drugs, and don’t drink excessively. These four simple measures will help all Americans get healthier and stronger.

First, be physically active every day. A report released this week by the Department of Health and Human Services confirms that almost 40 percent of adults get no leisure time physical activity. This lack of activity can lead to poor health and higher health care costs. Americans who are obese spend approximately 36 percent more on health care services than the general population. They spend 77 percent more on medications.

Here are some simple suggestions to help Americans get active. Walking 30 minutes a day can improve your health. Playing a game in the backyard will help parents and children get fit and spend some quality time with each other. And regularly hiking through a park can add years to your life. This weekend,